

Culinary Arts Foundations: Week 4

Day 1: Ch. 10.1 Knives

- **Objective:** Discuss proper use of knives and safety and sanitation guidelines when working with knives in preparation for knife skills.
- **Starter #2:** “Measuring Angels” pg. 234-What are 4 common reference angles used to help you visualize how to hold a knife?
- **Assignment:**
 - Knives Power Point Notes pg. 231-239
 - Complete Equipment Identification

*** Remind students of proper clothing for knife skills****

Day 2: Knives Cont.

- **Objective:** Demonstrate ability to properly use knives while cutting potatoes. Identify different knives and knife cuts.
- **No Starter**
- **Assignment:**
 - Knife Skills
 - Knife Cuts/ Types of Knives

Students will be split up into two groups. One group will work on knife skills while the second group completes the worksheet assignment.

Day 3: Same as day 2—rotate groups

Day 4: Lab Instructions:

- **Objective:** Identify lab procedures and instructions for working in the Threshold. Determine how to correctly complete a lab plan sheet and assign jobs.
- **Starter # 3:** List the names of 3 types of knives and 3 types of knife cuts.
- **Assignment:**
 - Lab Rules/ Instructions
 - Lab Plan Sheet Fried Potatoes
 - Measurement Quiz: Identify how much students remember measurements.

Day 5: Lab: Fried Potatoes

- **Objective:** Demonstrate ability to use knife skills and follow proper safety and sanitation principles while making fried potatoes.
- **No Starter**
- **Assignment:**
 - Lab: Fried Potatoes

Knives

Knife Construction

- 1.) **Blade:** made from stainless steel or high carbon stainless steel; single piece of metal
- 2.) **Tang:** part of the blade that continues into the knife's handle; a full tang is as long as the whole knife and used with knife's that are used for heavy work
- 3.) **Handle:** can be made from several different types of material; be sure handle feels comfortable in your hand
- 4.) **Rivet:** metal pieces that fasten the handle to the tang
- 5.) **Bolster:** or shank, the spot where the blade and handle come together

Knife Skills

- ☛ **Grip:**
 - Choose grip for task and comfort
 - Avoid placing your index finger on the top of the blade
 - Use Fig. 10-3 "Gripping Styles" to determine which is most comfortable for you
- ☛ **Control:**
 - Guide the knife with one hand while holding food firmly in place with the other hand
 - Keep your finger tips curled back when gripping the food
 - A sharp knife is the safest knife to use
 - Use smooth even strokes, never force the blade through the food

Knife – Use Guidelines

- ☛ Always use the correct knife for the task
- ☛ Always use a sharp knife; dull knives cause you to use more force
- ☛ Always cut with the blade facing away from your body
- ☛ Always use a cutting board
- ☛ Never let the knife's blade or handle hang over the edge of a cutting board or table
- ☛ When carrying a knife, hold it by the handle with the point of the blade straight down at your side. The sharp edge should be facing behind you

Knife – Use Guidelines Cont.

- ☛ Don't try to catch a falling knife. Step away and let it fall
- ☛ When passing a knife to someone, lay the knife down on the work surface
- ☛ Never use a knife to perform inappropriate tasks, such as opening a can or bottle
- ☛ Never leave a knife in a sink filled with water
- ☛ Carefully wipe the blade from its dull side
- ☛ Always wash, sanitize, and wipe knives before putting them away

Other Knife Terms

- ☛ **Whetstone:** sharpening stone used to keep knives sharp
- ☛ **Trueing:** After you have sharpened your knife, a steel is used to keep the blade straight and to smooth out irregularities

Knives

Knife Construction

- 1.) **Blade:** made from stainless steel or high carbon stainless steel _____
- 2.) **Tang:** _____;
a full tang is as long as the whole knife and used with knife's that are used for heavy work
- 3.) **Handle:** can be made from several different types of material; _____
- 4.) **Rivet:** _____
- 5.) **Bolster:** or shank, _____

Knife Skills

- ❖ **Grip:** _____
Avoid placing your _____ on the top of the blade
Use Fig. 10-3 "Gripping Styles" to determine which is most comfortable for you
- ❖ **Control:** _____
Guide the knife with one hand while holding food firmly in place with the other hand

Use smooth even strokes, never force the blade through the food

Knife – Use Guidelines

- ❖ Always use the _____ for the task
- ❖ Always _____; dull knives cause you to use more force
- ❖ Always cut with the blade facing _____
- ❖ Always _____
- ❖ Never let the knife's _____ of a cutting board or table
- ❖ When carrying a knife, hold it by the handle with the _____
The sharp edge should be facing behind you

Knife – Use Guidelines Cont.

- ❖ _____
Step away and let it fall
- ❖ When passing a knife to someone, _____
- ❖ Never use a knife to perform inappropriate tasks, _____
- ❖ Never leave a knife _____
- ❖ Carefully wipe the _____
- ❖ Always wash, sanitize, and wipe knives before putting them away

Other Knife Terms

- ❖ **Whetstone:** _____
- ❖ **Trueing:** After you have sharpened your knife, _____

CLASSIC CUTS

1. Large Dice $\frac{3}{4} \times \frac{3}{4} \times \frac{3}{4}$ inch cube



2. Medium Dice $\frac{1}{2} \times \frac{1}{2} \times \frac{1}{2}$ inch cube



3. Small Dice $\frac{1}{4} \times \frac{1}{4} \times \frac{1}{4}$ inch cube



4. Brunoise $\frac{1}{8} \times \frac{1}{8} \times \frac{1}{8}$ inch cube



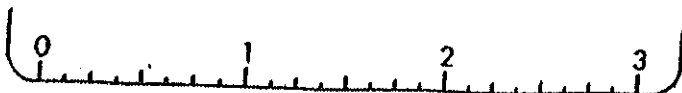
5. Batonnet 2 inches long $\times \frac{1}{4} \times \frac{1}{4}$ inches



6. Julienne 2 inches long $\times \frac{1}{8} \times \frac{1}{8}$ inches



7. Rondelle: round or bias round cuts, varied diameter, thickness



Name _____ Date _____

LAB ACTIVITY 39

Types of Knives

Directions: Identify each knife shown by writing its name in the space beneath each photo. To the right of each photo, describe the tasks for which the knife should be used.



1. _____



2. _____



3. _____



4. _____



5. _____



6. _____



7. _____



8. _____

Name _____




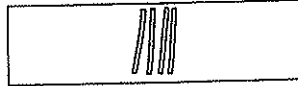



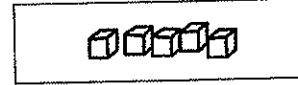

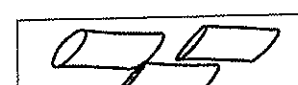
Date _____

LAB ACTIVITY 40

Knife Cuts

Directions: Use the following steps to complete this activity:

1. In the chart below, list the name of each cut and the correct size measurement for each of the cuts.
2. Using carrots or potatoes, practice making each of the cuts listed. Refer to pages 236–237 and page 587 in your text as a guide.
3. Check the size of your final cuts to be sure they are correct.
4. Once you are comfortable making each of the cuts correctly, demonstrate the cuts as selected and directed by your instructor.

	A. _____
	B. _____
	C. _____
	D. _____
	E. _____
	F. _____
	G. _____
	H. _____
	I. _____
	J. _____

Measurement

Directions: Complete the handout using previous knowledge on measurements and equivalents.

List what the following abbreviations stand for.

1. c. _____
2. T./Tbsp. _____
3. t./tsp. _____
4. lb./# _____
5. oz. _____
6. fl.oz. _____
7. pt. _____
8. qt. _____
9. gal./G. _____
10. bbl. _____
11. doz. _____
12. cs. _____

For each item below write the equivalent.

13. 1 c. = _____ T.
14. 1 T. = _____ t.
15. 1 lb. = _____ oz.
16. 1 c. = _____ fl.oz.
17. 1 pt. = _____ c.
18. 1 stick of margarine = _____ T.
19. 1 stick of margarine = _____ lb.
20. 1 qt. = _____ c.
21. 1 gal. = _____ c.
22. 1 fl.oz. or 1/8 c. = _____ T.

23. Explain the difference between weight, volume and count.

24. Describe a balance scale, portion scale and electronic scale.

Fried Potatoes

1/2 pound potatoes, uniformly cut

4 oz onion, chopped

2 tsp. seasoning salt

3 Tbsp. vegetable oil.

- 1. Heat oil in skillet. Do not let smoke.**
- 2. Add potatoes. Cook 7 minutes.**
- 3. Add onions. Continue cooking until potatoes are tender.**
- 4. Add seasoning salt. Coat evenly. Drain on paper towels.**